

<b>Skill: Shooting</b>	<b>Description</b>	<b>Link: Demo or Drills</b>
<b>Beginner Right or Left (strong-hand) Layup</b>	1 step 2 step 1 dribble	<a href="https://www.youtube.com/watch?v=Tm7N2HU4noQ">https://www.youtube.com/watch?v=Tm7N2HU4noQ</a>
<b>Layup</b>	Ability to complete a layup from both sides jumping off the inside foot and shooting with the outside hand. This is done off the dribble and after receiving a pass.	<a href="https://www.youtube.com/watch?v=BwR1DPCVsP8">https://www.youtube.com/watch?v=BwR1DPCVsP8</a>
<b>Power Layup</b>	Dribble to the basket, execute a two-foot jump with the shoulders parallel to the backboard and feet pointed to the baseline. Power the ball up off the board.	<a href="https://www.youtube.com/watch?v=qkHBMmMIer8">https://www.youtube.com/watch?v=qkHBMmMIer8</a>
<b>Form Shooting ("straight") *3-6ft range</b>	Starting close to the basket, maintain proper shooting mechanics. Use both one and two-hand form shooting.	Arc (elbow extends 60 degrees from shooting pocket) Rotation (ball rolls off finger pads(index-middle)) Accuracy (elbow in-index/middle finish "up & over the rim") Off-hand "karate"  <a href="https://www.youtube.com/watch?v=MxO-5-bJmoM">https://www.youtube.com/watch?v=MxO-5-bJmoM</a> <a href="https://www.youtube.com/watch?v=jTp4ijpLivs">https://www.youtube.com/watch?v=jTp4ijpLivs</a>
<b>Bank Shot</b>	Develop the ability to execute a bank shot and where on the court provides the best angle to shoot a bank shot.	<a href="https://www.youtube.com/watch?v=TackHHEhRTM">https://www.youtube.com/watch?v=TackHHEhRTM</a>
<b>1-2 Step Catch and Shoot (moving)</b>	The foot of the first step should land as the ball is caught. Bring the other foot into position squaring up to the basket while moving the basketball into shooting position.	<a href="https://www.youtube.com/watch?v=4PRQjKCX3-w">https://www.youtube.com/watch?v=4PRQjKCX3-w</a> <a href="https://www.youtube.com/watch?v=rKjTXq3FUfs">https://www.youtube.com/watch?v=rKjTXq3FUfs</a>
<b>Jump shot/ Shooting off the Dribble</b>	Shot fake or dribble moves to shooting off the dribble	<a href="https://www.youtube.com/watch?v=CDysYxvWtMs">https://www.youtube.com/watch?v=CDysYxvWtMs</a> <a href="https://www.youtube.com/watch?v=yZb8OAXnl24">https://www.youtube.com/watch?v=yZb8OAXnl24</a> <a href="https://www.youtube.com/watch?v=V9lsb83eII4">https://www.youtube.com/watch?v=V9lsb83eII4</a> <a href="https://www.youtube.com/watch?v=PlrTNkdb8ZA">https://www.youtube.com/watch?v=PlrTNkdb8ZA</a>
<b>Free Throws</b>	Develop a routine (2 dribbles shoot)	<a href="https://www.youtube.com/watch?v=HrjI91zw7mQ">https://www.youtube.com/watch?v=HrjI91zw7mQ</a>
<b>Basic Post Moves (Back to basket or Face up)</b>	Drop Step baseline or middle; Reverse pivot(spin) for drive, shot or shot fake/drive(up/under)	<a href="https://www.youtube.com/watch?v=9ZYyvCcephs">https://www.youtube.com/watch?v=9ZYyvCcephs</a> <a href="https://www.youtube.com/watch?v=UGnV7UMQHMc">https://www.youtube.com/watch?v=UGnV7UMQHMc</a> <a href="https://www.youtube.com/watch?v=bfmADWVQp3o">https://www.youtube.com/watch?v=bfmADWVQp3o</a>
<b>Mikan Drill</b>		<a href="https://www.youtube.com/watch?v=CmFOj0nhUN8">https://www.youtube.com/watch?v=CmFOj0nhUN8</a>
<b>3pt range</b>	Develop form at the 17ft range first, then move out to the 3pt arc.	*Work on 3pt range shooting last in your shooting workout. USE PROPER FORM.

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Use the above as a guideline only. Many more drills can be found online! Be creative and challenge yourself each shooting/dribbling session. **Basketball players are made in the summer!**

Skill: Dribbling	Description	Link: Demo or Drills
<b>Athletic Position</b>  <b>Control Dribble</b>	Ability to dribble and control the basketball comfortably with either hand and without looking at the ball.	<a href="https://www.youtube.com/watch?v=ndL8oQ7F9_0">https://www.youtube.com/watch?v=ndL8oQ7F9_0</a>  <a href="https://www.youtube.com/watch?v=5ugL51IPUyc">https://www.youtube.com/watch?v=5ugL51IPUyc</a>  <a href="https://www.youtube.com/watch?v=iiQv-m6EKwY">https://www.youtube.com/watch?v=iiQv-m6EKwY</a>  <a href="https://www.youtube.com/watch?v=X9tEMTYVdeg">https://www.youtube.com/watch?v=X9tEMTYVdeg</a>
<b>Crossover Dribble</b>	Swing or 2 pound snap ball back & forth in front	See Control dribble video above
<b>V dribble</b>	Move ball back & forth in front of one leg with one hand or on one side	See Control dribble video above
<b>Speed</b>	Run the length of the court, pushing the ball out in front and using as few dribbles as possible to get from baseline to baseline.	<a href="https://www.youtube.com/watch?v=5dL5FRzqTP4">https://www.youtube.com/watch?v=5dL5FRzqTP4</a>
<b>Shuffle</b>	From a protect dribble stance, shuffle forward and backward, maintaining control of the dribble.	<a href="https://www.youtube.com/watch?v=5ugL51IPUyc">https://www.youtube.com/watch?v=5ugL51IPUyc</a>  *above includes several moves
<b>Crossover</b>	Move the ball from one hand to the other while moving straight ahead and coming to a jump-stop to change direction. The dribble should be low, below the knees.	<a href="https://www.youtube.com/watch?v=AK6S9-rWp-U">https://www.youtube.com/watch?v=AK6S9-rWp-U</a>  4 cones in line or zig-zag
<b>Spin</b>	Plant the foot opposite the hand dribbling and then reverse pivot, taking a large step with the other foot and bringing the ball around the body.	<a href="https://www.youtube.com/watch?v=skK0uGQemLE">https://www.youtube.com/watch?v=skK0uGQemLE</a>  4 cones in line or zig-zag
<b>Back-up Crossover</b>	Pull ball (shuffle) back 2 hard dribbles, then crossover past defender.	<a href="https://www.youtube.com/watch?v=8MUEN3rqwt8">https://www.youtube.com/watch?v=8MUEN3rqwt8</a>  4 cones in line
<b>Between the legs</b>	Ability to change direction while executing a crossover dribble between the legs.	<a href="https://www.youtube.com/watch?v=zlxM7CUFBcw">https://www.youtube.com/watch?v=zlxM7CUFBcw</a>  <a href="https://www.youtube.com/watch?v=8MUEN3rqwt8">https://www.youtube.com/watch?v=8MUEN3rqwt8</a>  Zig-zag cones
<b>Behind the back</b>	Use a jump-stop off a speed dribble and put the ball behind the back, then move in that direction. Also, wrap the ball around the back while on the run.	<a href="https://www.youtube.com/watch?v=8MUEN3rqwt8">https://www.youtube.com/watch?v=8MUEN3rqwt8</a>  Zig-zag cones

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